



HOW TO BE HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes

ACCIDENTS WILL HAPPEN

A Bad Bump on her forehead.



Radical Treatment for Choking

CERTAIN rules for emergencies should be learned by heart by every woman living, for never in the world can she gauge when she will be called upon to act as doctor and hospital nurse, and respond to the wildest kind of a "hurry-up call."

And especially should nurses and mothers train themselves in such knowledge, for accidents will happen even more frequently among children than among their elders. A set of simple, compact rules, mounted upon a card and hung up in the nursery, will be found a boon to the woman whose memory is so treacherous that she tries the treatment for burns upon some one in a fainting fit.

A small cupboard, or, at least, a shelf, should be set aside, where everything in the surgical line should be kept—well out of the reach of children and ignorant persons.

Drastic treatment for choking is to deliberately turn the child upside down, holding it firmly by the heels; and choking is what many a mother has grown to fear most of all the many nursery accidents. For buttons and marbles, and even those tinest of all china dolls, are often put in their mouths by little children, with grave consequences, unless the treatment is instant and efficacious.

When pins are swallowed, give the child all the mashed white potatoes he will eat and no water, for a day, and the danger will be reduced to a minimum.

Hot water is a good cure for a bumped forehead, and witch hazel or arnica patted on takes the sting out of bruises by the time the child has stopped crying.

For a pinched finger (and who of us doesn't remember the time when we caught fingers in a door?) the best thing to do is one that seems cruel; and that is to pound the child's finger lightly with the closed fist. Much as that hurts for a moment, it starts up the circulation more quickly than can be done in any other way.

For burns, the great point to remember is that air must be excluded; so, cover the burned surface with oil or flour, with baking soda or vaseline, and don't put a rag on unless it is so saturated with oil that it can't get dry and stick to the skin. Quite simple burns have been turned into ugly sores by bandages that stuck and that tore skin and even bits of the burned flesh away when they were being removed.

Nosebleed is best stopped in the time-honored way of applying cold compresses or a bit of ice done up in a cloth at the back of the neck. At the same time insert a small wad of paper



Pinched Fingers Must Be Hurt to be Cured

between upper lip and teeth, and press the lip firmly down over it. Encourage the child to sit up instead of leaning over, letting her stoop for a moment whenever the choking sensation comes on.

After all, though, the ounce of prevention is the greatest thing about household surgery. If the child is

given only fairly large toys to play with, and buttons and such "small fry" put out of his reach until he is old enough to know that such things aren't to be touched, there is little to fear from choking; and most of the ugly cuts come from knives and scissors which have been left out of their proper places.

Mrs. Henry Symes' Advice to Correspondents

Recipe Repeated.

Will you kindly publish in your health and beauty column a recipe I saw some time ago which I have lost? It was tannic acid and glycerine for external use under the eyes. I cannot remember the quantity. I have been benefited so often by your recipes I want to try this one.

C. S. M.

The formula to which you refer is as follows:
FOR PUFFINESS UNDER THE EYES.
Tannic acid 20 grains
Glycerine 1 ounce
Apply by means of a brush or a bit of cotton to the baggy skin night and morning.

Prices Vary Greatly.

Kindly advise me whether I can secure "Dr. Vaucaire's" prescription for "bust development" (filled) from you, and the price?

G. S.

The only way in which I can assist my readers to obtain Dr. Vaucaire's

bust developer is to give them the correct formula, which frequently appears in this column. Any first class druggist will fill the prescription, even if he has not all the ingredients himself, for he knows, or should know, where to get them. The prices probably vary in different localities, since various dealers set their own prices.

Gather Them Yourself.

Can you tell me where to get the walnut skins to use for making walnut stain for the hair?

I have tried in Baltimore and Philadelphia and was unable to get them in either city.

I have seen the walnut stain lotion given at different times in your department to use as a harmless hair stain. I am not quite thirty, and my hair is turning gray very fast.

Do you use just the skins or the green shells?

"Shells" and "skins" are different terms, in this case, for the same thing. The article referred to is the thick, tough skin that surrounds the hard,

woody shell of the black walnut. It is this that contains the stain. You will have to use your own judgment as to where you can obtain the skins, though a druggist or chemist should be able to find them for you. However, the best way of all, and certainly the cheapest, is to go and gather them yourself; this will be possible in the course of a few weeks, when the nuts are ripe.

Falling Hair.

Please publish a hair tonic for me. My hair has been falling out for about ten years, and is very thin in front. I have used lots of patent medicines, but to no good. My hair is so very oily I wash it twice a week, and in these few days it gets very oily; it is almost necessary to wash my head every day.

I should be very thankful, indeed, if you would publish a good tonic to prevent the hair from falling out, and make it grow again; also to help this very greasy hair of mine.

Discontinue this frequent washing of your hair, and shampoo about once

in a month. Apply this lotion to correct the oiliness.

FORMULA FOR OILY HAIR.
Use the following mixture daily, rubbing well into the scalp:
Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 14 grains.
Then use the Jaborandi tonic, which has less oil than many others:
JABORANDI TONIC.
Quinine sulphur, 20 grains; tincture of cantharides, 2 fluid drams; fluid extract of Jaborandi, 2 fluid drams; alcohol, 2 fluid ounces; glycerine, 2 fluid ounces; bay rum, 6 fluid ounces; rosewater, 16 fluid ounces.
The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered.
Rub into the roots of the hair every night.

Wavy Hair.

Will you kindly tell me through your valued page of a harmless recipe to make the hair wavy? My hair is a pretty brown, very fine, but straight.

C. M. F.

TO MAKE THE HAIR CURL.
Potassium carbonate, 120 grains; ammonia water, 1 fluid dram; alcohol, 12 fluid drams; rosewater enough to make 16 fluid ounces.
In using, moisten the hair, adjust it loosely, and it will curl upon drying.

Formula Misleading.

Please publish your prescription for bust development which you gave some time ago. I mislaid the paper, and have not seen the recipe printed since. Please let me have the one that contains the goatsrue and simple syrup.

MRS. R. H.

You are referring to Dr. Vaucaire's Remedy.

DR. VAUCAIRE'S REMEDY FOR BUST.
Liquid extract of galea (goatsrue), 10 grains; lacto phosphate of lime, 10 grains; tincture of fennel, 10 grains; simple syrup, 400 grains.
The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

See Answer to "Mrs. R. H."

After having cut out a recipe I saw in your column for enlarging the bust I lost it, and would thank you very much if you will please reprint the same.

MRS. S.

Do you refer to Dr. Vaucaire's remedy for the bust? If so, you will find the formula in the answer to "Mrs. R. H."

Affects No Other Part.

I am fleshy every way but my bust. Does Dr. Vaucaire's treatment make one stouter, or simply enlarge the bust? I never had a large one as a girl, and am twenty years old. Would you advise me to use it, or is it better for slender people only?

Mrs. W. B. F.

Dr. Vaucaire's remedy affects no part of the body other than that for which it is intended. It is not a flesh builder, but a tonic.

Massage for a Red Nose.

Will you kindly tell me what causes a red nose? I am a girl fourteen years of age and regret very much having a red nose; I also have pimples on my face.

Will be exceedingly grateful to you if you can give me any information.

SINCERE READER.

This unbecoming state of affairs is probably due to a disordered stomach. Try to straighten out matters there, or

else you can do little to correct the red nose and pimples.

Confine yourself strictly to a diet of plain, nourishing food and cool drinks. That what you eat be plain is absolutely necessary; no pastry, rich desserts, candy, or hot drinks. Always bathe your nose with cream. Never touch it with water.

Massage is an excellent thing to relieve this condition. Massage vigorously along the leading nerve of the nose at each side. Use the tip of the finger, start at the bottom, and rub up the nose on each side, and then under the eyebrows. Following the nerve in this way is sure to relieve the congested circulation, which is often the secret of that unpleasant redness. If the nose is extremely red, massage the temples and cheeks, using a brisk, vigorous movement. This helps to take away the blood from the nose.

Hollow Cheeks.

Will you please publish in your Beauty column the physician's prescription for hollow cheeks and thin neck?

Mrs. J. L. T.

TO RESTORE NATURAL COLOR OF HAIR. (A physician's prescription.)
Sugar of lead, 1/2 ounce; iodo sulphur,

Sick Headaches and their Cure



A Hot Foot-Bath Draws the Blood from the Head.



Wring Flannel Rags out of Hot Water



Aromatic Spirits of Ammonia Tones Up the Stomach

NOTHING in all the category of little illnesses, which are so many and varied, has the faculty of making you feel so absolutely wretched as does a sick headache of the real old-fashioned type, from which so many women suffer.

Often, it seems to have no connection with the stomach, and the sufferer will complacently inform you that "it's just her wretched nerves!" But if the stomach is in perfect order, it is a mighty exceptional case where nerves alone cause it.

At any rate, from whatever cause they come, getting the stomach right is the first step; getting the blood away from the head the second, and rest—perfect relaxation—is an absolute necessity to effect a cure.

Often bicarbonate of soda—half a teaspoonful in a little water—will correct the acidity of the stomach. Aromatic spirits of ammonia is another good thing to take at such a time, and an occasional woman finds her greatest relief comes from mixing them.

Putting the feet in hot mustard water and keeping them there for full ten minutes is the quickest way to bring relief, and does it by drawing the blood, which seems to be all in the head, away from it.

The best test as to whether or not the water is at just the right temperature

is to try it with the back of your hand. If the skin, which is very sensitive there can stand it, it is not too hot. For the woman who finds the hot water something of a shock, the best way is to partly fill bucket or footbath with warm water, and gradually add very hot water until the receptacle is full.

If the headache has any connection with the eyes, a splendid treatment is that of wringing out flannel from boiling water and laying the rags upon the eyes as soon as they cool just enough to be borne. Two rags, and a couple of short, clean sticks (to use as if you haven't sticks handy) are necessary, the second rag put in the hot water as soon as the first one is taken out. The sticks are for wringing the cloths with—you can use so much hotter water than if you limit it to that only warm enough to let you put your hands in.

Repeated applications are bound to help, and in nine cases out of ten to cure, the headache. For that obstinate tenth case try alternating the treatments with hot water with a rag wrung out from ice water—a sort of Turkish bath in a very small way.

Then rest in a darkened room, if possible, with the window open so that plenty of fresh air, circulates through, and in a very little while your headache should be a thing of the past.

But if you are wise, and want to avoid sowing the seeds of the next one, rest awhile after it, and the exhaustion consequent upon severe suffering of any sort, leaves you, and don't be in too great a hurry to eat—restrain your appetite for a few days.

Some Helps on the Care of the Face and Hair

note the growth of hair on the face. We have not read the paper regularly, and I have not seen the ingredients of the cream given. Would like to try it. Will you kindly repeat the recipe?

O. M. W.

TO FATTEN THE CHEEKS.
To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth, and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

Use the lotion for premature wrinkles once a day.

A Cream That Doesn't Grow Hair.

I read your recommendation of orange-flower cream as one which will not pro-

Orange-Flower Cream.
Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 6 drams; Lanolin, 5 ounces; spermaceti, 1/2 ounce; orange-flower water, 2 ounces; oil of neroli, 15 drops; oil of bigarade (orange skin), 15 drops; oil of petit grain, 15 drops. Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the blended fats, stirring continuously.

The Remedy Is Harmless.

I want to know if Dr. Vaucaire's Remedy for the bust will make any one sick while taking it, and if the prescription once filled will be enough. I am twenty-five years old and my bust is not as large as I want it.

A. M. G.

Dr. Vaucaire's Remedy is perfectly harmless. I cannot help you as to the quantity required, for that varies widely in different cases. I would suggest that you take the treatment until satisfactory results are obtained.